



Curried Coconut squash soup - a recipe from the Kosmic Kitchen.com

Very easy and luscious!

1 cup Red Lentils
 1 cup sliced/diced onion
 4 cups squash, peeled, seeded and diced
 1x 14oz can coconut milk
 2 - 3 tsp red curry paste
 2 - 3 tsp sea salt
 coriander / cilantro springs

Place lentils in a heavy bottomed saucepan with 3 cups of water and bring to boil. Turn down to a simmer add enough water if necessary to stop them sticking.

Whilst lentils are cooking prepare the vegetables and add to the pot. Cover and simmer 30 mins until they and lentils are soft. Add coconut milk, curry paste and salt.

Puree in batches adding more water as necessary, re season and serve with chopped coriander garnish



Spicy Roast Chickpeas

2 cups cooked or 1 can organic chickpeas
 2 tbs chipotle hot sauce (chipotle is a smoked dried chili - 1 tsp of smoked hot paprika or any chili sauce you like would work)
 juice of 1 lime
 sea salt to taste

Preheat oven to 400.

Toss chickpeas in hot sauce, lime juice and sea salt.

Lay out on a parchment lined baking sheet and bake for 30 minutes or until chickpeas begin to darken and are crunchy.



Cinnamon Spice Chickpeas (a boarder line recipe!)

2 cups cooked, or 1 can organic chickpeas
 2 tsp ground cinnamon
 1 tbs coconut sugar
 pinch of sea salt

Preheat oven to 400

Toss chickpeas in cinnamon, sugar and sea salt

Lay out on a parchment lined baking sheet and bake for 30 minutes or until chickpeas begin to darken and are crunchy.



Tomato vinaigrette

2 – 3 cups of chopped tomatoes (remove the stem end, seeds are ok)
 ¾ cup to 1 cup extra virgin olive oil
 1 cup of basil leaves
 2 – 3 cloves of garlic
 ½ to ¾ cup white balsamic vinegar
 ¼ cup of chopped basil
 1 cup of small diced, ripe, vine tomatoes in different colors for garnish
 Salt and pepper to taste

Stir together in bowl and spoon onto salad.



Provençal Vegetable Salad

Recipe Courtesy of '30 Minute Vegan's Taste of Europe'

Provençal Dressing

1 tbs Herbs de Provence (see below)
 3 tbs olive oil
 1 tbs freshly squeezed lemon juice
 1 garlic clove, pressed or minced
 2 tsp red wine vinegar
 1 tsp pure maple syrup
 ½ tsp sea salt
 ¼ tsp freshly ground black pepper
 ¼ tsp crushed red pepper, hot paprika, or chili powder
 ⅛ tsp truffle oil (optional)

Salad

2 medium sized tomatoes seeded and chopped into ½ inch chunks
 1 cup seeded and chopped cucumber
 2 tbs finely chopped fresh flat leaf parsley
 1 cup green beans
 1 cup corn
 ¼ cup thinly sliced green onion
 ¼ cup olives (optional)

Prepare the dressing: Combining all of its ingredients in a small bowl and whisk well.

Prepare the salad: Combine the remaining ingredients in a large bowl and mix well. Pour the dressing over the vegetables and mix well.

For best results, chill for at least 10 minutes before serving.